

Refreshing Chickpea Salad

Ingredients

Servings: 6

Salad

1 avocado

½ fresh lemon

1 can chickpeas, drained

¼ cup red onion, sliced

2 cups grape tomatoes, sliced

2 cups cucumber, diced

½ cup fresh parsley

¾ cup green bell pepper, diced

optional: 1 cup of leafy greens

Dressing

¼ cup olive oil

2 tbsp red wine vinegar

½ tsp cumin

salt & pepper to taste



Instructions

Cut avocado into cubes and place in a large bowl. Squeeze juice from ½ lemon over the avocado and gently stir to combine. Add remaining salad ingredients and gently toss to combine. In a small bowl, stir together dressing ingredients. Mix well, then pour over salad, tossing gently. For best taste, refrigerate for at least 1-hour before serving.

Serve and enjoy!

Decadent Raspberry Tartlets

Ingredients

Yield: 24 Tartlets

Tart Crust

- ¾ cup coconut flour (or flour of choice)
- ¼ cup cocoa powder
- ¼ tsp salt
- ⅓ cup maple syrup
- ½ cup coconut oil, softened

Ganache

- 6 oz dark chocolate, chopped
- ⅓ cup canned coconut milk
- fresh raspberries



Instructions

Preheat oven to 350°F and grease a 24 mini muffin pan with coconut oil. Combine flour, cocoa powder and salt in a bowl. Add maple syrup and room-temperature coconut oil; mix until a large dough ball forms, making sure to press out any clumps of coconut oil. Divide dough between the muffin cavities and press up the sides. Bake for 8-9 mins or until firm. Let cool completely before removing from pan. Heat the coconut milk in a small saucepan or in the microwave until simmering. Place the chopped dark chocolate in a heat-proof bowl, pour over hot coconut milk, let stand for 1 min, then whisk until completely smooth. Fill each cup with ganache, top with a raspberry. Serve and enjoy!

Perfectly Pumpkin Granola

Ingredients

Serves: 10 (½ cup per serving)

¼ cup oil of choice

¼ cup maple syrup

½ cup pumpkin purée, canned

3 cups quick oats

½ cup unsweetened shredded
coconut

½ cup unsweetened raisins

¼ cup pumpkin seeds, unsalted

½ cup pecans or walnuts, chopped

½ tsp salt

½ tsp cinnamon

¼ tsp ground nutmeg

¼ tsp ground cloves

*optional: dried unsweetened
cranberries, chia seeds, hemp hearts*



Instructions

Preheat oven to 325°F and line a baking sheet with parchment paper. In a small bowl, combine oil, maple syrup, and pumpkin purée; stir until mixed. In a large bowl add oats, shredded coconut, raisins, pumpkin seeds, pecans, salt, cinnamon, nutmeg and cloves; stir until well combined. Pour the pumpkin mixture over the dry ingredients and mix together evenly. Spread granola in an even layer on the baking sheet and bake for 35 mins. Remove from oven and let cool for 15 mins; granola will be soft at first. Use a spatula to break the cooled granola into pieces. Store at room temperature. Serve and enjoy!

Vegan Chickpea Caesar Salad

Ingredients

Serves: 4

3 heads of romaine lettuce, chopped
1½ cups chickpeas (1 can)
1 avocado, sliced
pinch of salt
pinch of black pepper
drizzle of oil olive

Dressing

¼ cup tahini
juice from ½ a lemon
1 garlic clove, pressed
1 tsp capers, finely diced
2 tsp brine from capers
1 tsp dijon mustard
water, as needed



Instructions

Preheat oven to 425°F and line a baking sheet with parchment paper. Rinse and pat dry chickpeas, toss with oil and a pinch of salt. Place in the oven and bake for 20-30 mins until golden brown, turning once. To make the dressing, mix the ingredient for the dressing in a medium bowl. Stir until smooth, taste test and add salt or water if necessary. Set aside. Wash and chop the romaine lettuce. Toss with dressing in a large bowl, sprinkle with chickpeas and avocado slices on top. Season with black pepper if desired. Serve and enjoy!

Marvelous Zucchini Muffins

Ingredients

Serves: 12

- ¾ cup + 2 tbsp all-purpose flour
- ¾ cup whole wheat flour
- ½ cup + 2 tbsp almond flour
- 1 tbsp baking powder
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp salt
- ½ cup unsweetened almond milk
- ¼ cup extra virgin olive oil
- 2 large eggs
- ½ cup sugar
- 1 tsp vanilla extract
- 2 cups shredded zucchini
- optional: ½ cup chopped walnuts,
1 tbsp chia seeds, 1 tbsp hemp
hearts*



Instructions

Preheat oven to 400°F and grease a 12-cup muffin tray.

In a medium bowl, combine the flours, baking powder, cinnamon, nutmeg, and salt.

In a large bowl, vigorously whisk together the almond milk, olive oil, eggs, sugar, and vanilla. Stir in the zucchini (no need to squeeze out excess water beforehand).

Pour the dry ingredients into the bowl of wet ingredients and stir to combine. Fold in the optional nuts and seeds. Scoop batter into muffin cups (approximately ⅓ cup per muffin cup).

Bake for 16 to 20 mins, or until muffin tops spring back to the touch. Let cool for 10 mins, and then transfer to a wire rack to cool.

Serve and enjoy!

Rainbow Rice Paper Wraps



Ingredients

- 8 sheets rice paper wraps
- 2 oz rice noodles
- ½ small red cabbage, *finely chopped*
- 2 carrots, *shredded*
- 1 cucumber, *thinly sliced*
- ½ cup cooked corn
- 1 red pepper, *thinly sliced*
- dipping sauce of choice
*optional: 1 avocado, thinly sliced;
½ cup spinach; ½ brick of baked
firm tofu; other favourite veggies;
a few drops of food dye
for rice noodles*

Instructions

Cook rice noodles to package instructions. To dye: place cooked rice noodles in bowls filled with dye and let sit until cooled. Wash and chop all veggies. Soften rice paper by letting each sheet soak in a shallow dish for 10-20 seconds, or until a little tacky to the touch. Use cookie cutters to cut rice paper rolls into fun shapes. Grab your favourite ingredients and build your perfect rainbow roll. Let your inner child come out, or bring your kids into the kitchen to help with this meal. Serve with your favourite dipping sauce and enjoy!

Sweet Fruit Popsicles



Ingredients

- $\frac{3}{4}$ cup plain Greek yogurt
- $2\frac{1}{2}$ cups fresh or frozen fruit
- $\frac{1}{4}$ tsp vanilla extract
- $\frac{1}{2}$ tsp lemon juice
- Sweeten to taste with honey

Note: Examples of fruit to try out include strawberries, blueberries, watermelon, kiwi, pineapple, and raspberries. Or try a mixture of your favourite fruits.

Instructions

Blend all ingredients together in a blender; sweeten to taste with honey if needed. Pour into popsicle molds. For extra texture drop in small pieces of cut fruit into mold and mix. Freeze overnight; serve and enjoy!

If you do not have popsicle molds, place 8 small freezer-safe cups on a baking sheet and pour the blended mixture into each cup. Place a popsicle stick in the center of each mixture. Use a small piece of tin foil to cover the cup, cutting a small hole for the popsicle stick.

Freeze overnight until firm.

Serve and enjoy!

Homemade Summer Salsa



Ingredients

- 2 jalapeños, halved, stems removed
- 2 cups cherry tomatoes, halved
- 1 white onion
- 1 tbsp extra-virgin olive oil
- 3 large tomatoes
- 3 cloves garlic
- ½ cup fresh cilantro
- juice of 1 lime
- ½ tsp ground cumin
- pinch of red pepper flakes
- salt and pepper to taste

Instructions

Preheat oven to 400°F. On a large baking sheet, toss jalapeños, cherry tomatoes, and onion together with oil.

Season with a pinch of salt and pepper. Roast until slightly charred, approx. 20 mins.

In a food processor, add roasted vegetables, quartered tomatoes, garlic, cilantro, lime juice, cumin, and red pepper flakes. Pulse a few times; season with salt and pepper to taste.

Pulse until mostly blended and slightly chunky. Chill; serve with your favourite tortillas chips and enjoy!

Crispy Roasted Chickpeas

Ingredients

- 1 can of chickpeas, rinsed
- 1 tbsp extra virgin olive oil

Cinnamon Sugar Chickpeas

- 1 tsp ground cinnamon
- 1 tbsp ground sugar
- pinch of pepper

Salt & Vinegar Chickpeas

- 1 cup white vinegar
- 1 tsp salt



Instructions

Cinnamon Sugar Chickpeas

Preheat oven to 450°F. Rinse chickpeas and pat dry with a towel. Place on a baking sheet with parchment paper and cook for 5-10 mins until dry. Mix oil olive, sugar and cinnamon in a bowl. Toss in dry chickpeas until well coated.

Place on baking sheet, cook for another 15-20mins, turning once, until crunchy and brown. Let stand for 10 mins. Serve and enjoy!

Salt & Vinegar Chickpeas

Rinse chickpeas with water. In a medium bowl, soak rinsed chickpeas in vinegar for 1 hour. Rinse gently and pat dry. Preheat oven to 450°F. Mix chickpeas with olive oil and salt.

Place on baking sheet, cook for another 15-20mins, turning once, until crunchy and brown. Let stand for 10 mins. Serve and enjoy!

Sweet Potato Soup

Ingredients

- 1 ½ tbsp olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 medium sweet potatoes, cubed
- 3 cups vegetable broth
- ½ tsp Italiano seasoning
- ¼ tsp ground cumin
- ¼ tsp turmeric
- salt and pepper to taste

Toppings

- roasted peanuts, chopped
- green onions, sliced
- white sesame seeds



Instructions

Heat oil in a large cooking pot over medium heat. Add onions and cook until soft, about 3-4 mins. Add garlic and cook until fragrant, about 1 min. Add carrots and sauté for 6-7 mins, stirring frequently. Add the sweet potato and stir to combine for about 1 min. Add vegetable broth, Italiano seasoning, cumin, turmeric, salt and pepper and stir to combine. Bring to a boil, then cover and simmer on medium-low heat for 15 mins. Remove from heat and puree the soup with an immersion blender, or blend in batches in a regular blender. If soup is too thick add more broth or water to thin it out.

Put in bowls and top with toasted peanuts, sliced green onions and white sesame seeds. Serve and enjoy!

Scrumptious Apple Crisp

Ingredients

- 4 cups apples, peeled, pitted, cubed
 - $\frac{2}{3}$ cup packed brown sugar
 - $\frac{1}{2}$ cup all-purpose flour or almond flour (GF)
 - $\frac{1}{2}$ cup quick oats (standard or GF)
 - $\frac{3}{4}$ tsp cinnamon
 - $\frac{3}{4}$ tsp nutmeg
 - $\frac{1}{3}$ cup soft butter
- optional: 2 stalks of rhubarb*



Instructions

Preheat oven to 375°F. Wash, peel, pit and cube apples. Grease an 8x8x2 inch square pan with butter or cooking oil. Place in cut apples and sprinkle in a pinch of cinnamon and nutmeg; mix well. *Optional: looking to spruce up your crisp? Try adding 2 rhubarb stalks cut into cubes to your apple mixture.* In a bowl, mix together butter, sugar, oats, flour and spices; stir until mixed well. Place crisp mixture on top of apples, covering them completely. Cover with a lid or tin foil and bake for 40 mins or until warm in the centre. Remove lid or tin foil, and broil on high for 2-3 mins until top is crispy and golden brown. Remove from oven and let stand for 3 mins. Serve and enjoy!

Balsamic Roasted Vegetables



Ingredients

- 4 cups red potatoes, cubed
- 2 cups carrots, sliced lengthwise
- 1 large red onion, sliced into ¼-inch strips
- 2 tbsp balsamic vinegar
- 4 tsp olive oil
- 1 clove garlic, finely chopped
- 1 tsp fresh thyme
- 1 tsp chopped rosemary
- 1 tsp chopped sage
- 1 cup green beans, sliced
- salt and pepper, as desired

Instructions

Preheat oven to 400°F. Oil a large roasting pan. Toss together potatoes, carrots, onions, balsamic vinegar, olive oil, garlic, and herbs. Arrange mixture onto pan, making sure they are in an even layer and not overcrowded.

Roast in oven for 35 mins, stirring every 10mins. Add green beans to pan and roast vegetables for an additional 10 mins. Remove pan, season with salt and pepper. Serve and enjoy!